

23 Mar 72

Mr. Maury

GACarver, Jr.

1. The attached was shown to me by a colleague and, naturally, I thought of you.

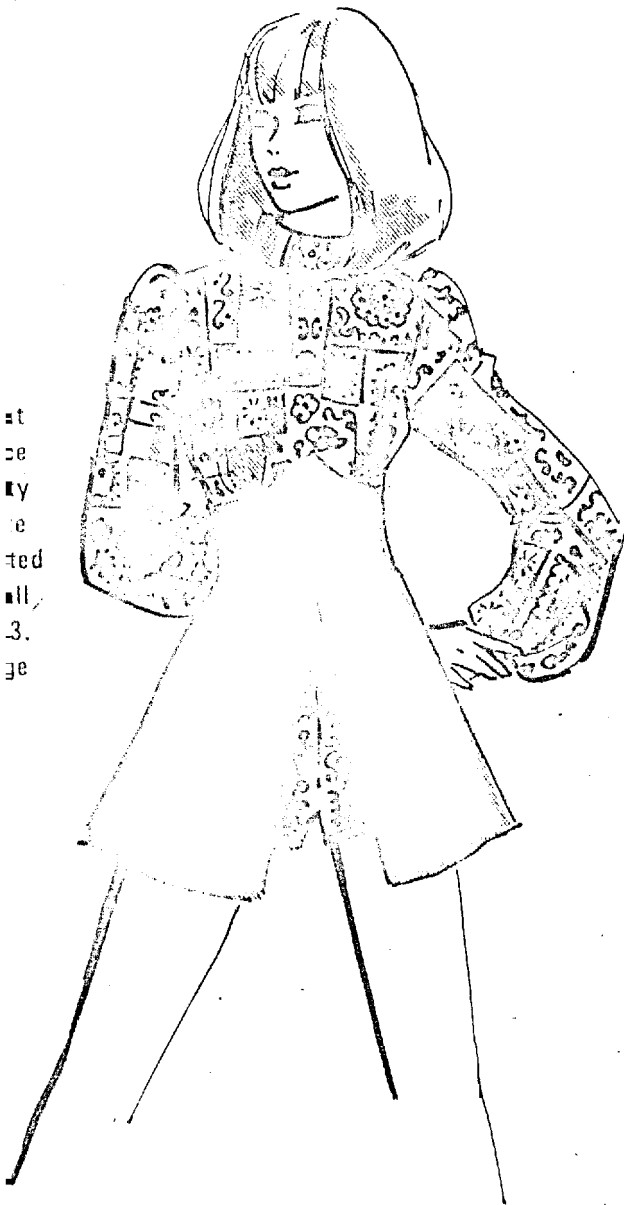
2. In a more serious vein, as I think I indicated over the phone, Ruth and I would like it very much if you and Stuart could have dinner with us on Saturday, 1 April. If you are free, I will provide appropriate directions to prevent you from getting lost in the wilds of northern Virginia.

George A. Carver, Jr.

Special Assistant for Vietnamese Affairs

Attachment

R. HARRIS



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## HEALTH

# Sex and the Heart

By Brian Sullivan

NEW YORK (AP) —“Sex is not only here to stay,” the doctor says, “it can help you stay here longer.”

The doctor's message is that the old theory holding that sex is bad for a weak or aging heart has been disproved.

Not only that, but he is saying that there is mounting evidence that sex is good for the heart, and further, that men with sexual frustrations are more prone to heart disease.

“During the next year,” writes Dr. Eugene Scheimann of Chicago, “millions of men will suffer from painful, often fatal heart attacks. Ironically, many of these attacks could be prevented by one very simple, very cheap and very pleasant treatment: more sex.”

Scheimann, a sexologist and columnist, discusses sex and heart disease in the April issue of *Forum*, an international journal of human relations.

While primitive man connected sex with rejuvenation and vigor, Scheimann writes, civilization brought sexual guilt and a fear that sex was weakening. “What kind of effect,” he asks, “does unreleased tension have on the heart?”

Research has demonstrated an association between heart disease and such risk factors as cholesterol level, blood pressure, smoking, lack of exercise and being overweight, Scheimann acknowledges. But he suggests, as do others, ten-

sion and anxiety may also play a role.

“I believe,” he says, “that the best way a man can release tension is by making love.”

Scheimann argues that relatively few middle-aged women die of heart disease and observes that these women are not worried about sexual impotence.

“A woman,” he says, “may lose interest in sex, or fear losing her attractiveness, but the burden of proving herself by sexual performance is not hers.”

Scheimann goes on to argue that among Eskimo males, there is little heart disease despite a diet rich in fat, especially seal blubber. “They also get plenty of exercise,” the doctor writes, “and have a primitive but healthy attitude toward sex, considering it a basic need of life, like food.”

Doctors themselves seem unusually prone to heart attacks, Scheimann says. “Doctors have a high incidence of troubled marriage,” he says, “and a lesser degree of sexual freedom outside marriage than other professions.”

Sex, Scheimann maintains, is good medicine for the heart:

“Sex activates the thyroid gland, burns up cholesterol and calories, exercises every muscle in the body and strengthens, but does not overtax, the heart by making it pump more blood for a short period and then relax.